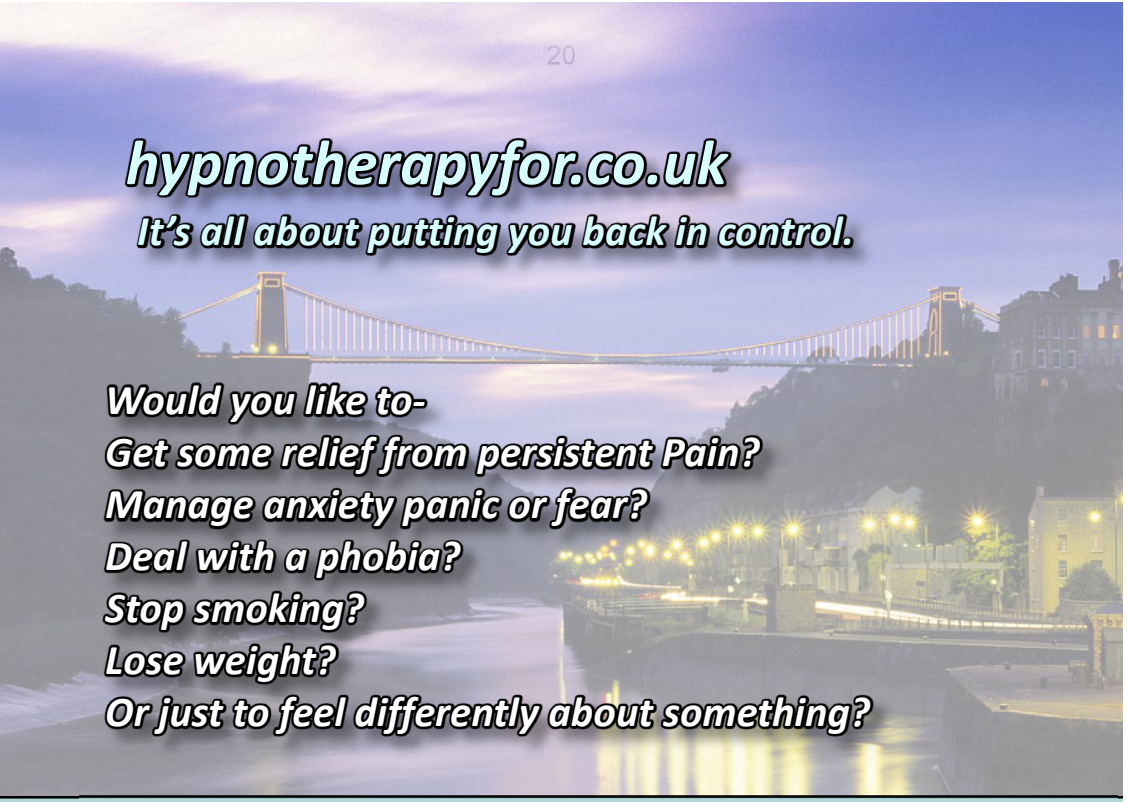
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If I were able to ask why you are reading this? You might say, something like. I've considered hypnotherapy before, or maybe, I was just curious about something. maybe you picked it up for a friend. Whatever your answer is, for a brief moment your attention was taken up with an idea that hypnotherapy could help.

Why not Let me help you turn that idea into a reality?

For over a decade I have been helping people to deal with issues and problems from the past, that where damaging their future. Showing them how to resolve habits and behaviour they felt were beyond their control.
If you would like to take advantage of a free 30 minute consultation and find out how hypnotherapy can help you , then contact me to arrange a convenient time. *(Evening and weekend appointments are available)* or visit the hypnotherapyfor web site for more information on what you can achieve.

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It's all about putting you back in control.

Hypnotherapy
A users guide.

"Human behaviour is not dependant on the frequency or repetition of any single event. It is dictated by the emotional interest we experience and whatever behaviour we use to cope during the single primary experience which will then dictate how we behave during similar future events, a s it is the want of humans to survive"

Hypnotherapyfor

A clinical hypnotherapy practice in Hanham Bristol.

Hypnotherapy, what is it?

While definitions can vary tremendously this is my own personal definition of hypnotherapy.

> Hypnotherapy is a cooperative interaction between a hypnotherapist and their client in which the client is able to suspend their own personal mental and emotional limitations, while responding to the pre agreed ideas and suggestions of the hypnotherapist, for the reduction of physical and emotional pain, anxiety, habit adjustment, trauma recovery and the improvement of physical, emotional, or mental health.

Introduction

Over the last three centuries much has been written about what hypnosis feels like, how and what hypnosis is and why hypnosis as a therapeutic intervention works so well.

This brief guide does not venture into the many academic studies on the subject of hypnosis. What it does do however is provide you with a helpful glimpse into the workings of your own subconscious mind, and how the entirely natural phenomenon of hypnosis can be harnessed and utilised for the benefit of any individual wanting to make changes.

Unlike a doctor who often treats only the presenting symptom to provide a cure such as antibiotics, for an infection, or a plaster cast on a broken arm, I on the other hand need to identify the cause of the difficulty or problem, not the symptoms. It is with that idea in mind that I have compiled this user's guide to break through the heavy shroud of mystery and misunderstanding that has surrounded hypnotism for decades. It provides an honest, unbiased accounting of how and why I think hypnosis works. It will also begin to show how anyone can use hypnosis to utilise the incredible power of the mind to change and fortify health, happiness, and personal success. Hypnosis and hypnotherapy are only tools, tools which will only ever be as effective as the person using them. It is these tools however which create the gateway to both the conscious and subconscious areas of your awareness. It is via this gateway that your memories, thoughts, feelings and emotions can be accessed which in the vast majority of personal situations will be at the root of emotional or behavioural and some physical difficulties. If after reading you have any further questions please contact me using the details found on the back page. **Enjoy**

Instructions from page 5

This is what I don't want you to do, please read carefully, while you are reading this users guide to hypnotherapy can you try not to think about the word zebra or picture a zebra in the mind, try not to think about the colours of a zebra or how many zebras would be in a herd or what kind of sound they make when they are stampeding. In fact just don't think about anything to do with zebras or look at the picture of a zebra on this page .

Thank you , now please return to page 5 and and continue reading to find out why.

About Marc Bishop

I have been in clinical practice for a little over 10 years. My initial training began in Cardiff with the Elestial college. I opened my first practice in Bracknell back in 2004. Since then I have been fortunate enough to have received further training, instruction and experience with the Dominic Beirne school , Mike Garret at the psyco semantic institute, Donald Robertson Hypnosynthesis. Marc is an accredited IEMT practitioner, and licensed microcurrent cranial electrotherapy stimulation

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A similar condition of focused mental activity can be brought about intentionally to form desirable behaviour patterns with little or no repetition. The process occurs most easily when the body is completely relaxed and all competing or conflicting thoughts and ideas are held to a minimum. Carefully structured auto-suggestions and mental imagery can be used during this time to rapidly develop new habit patterns.

Earlier within this Guide to hypnotherapy you were given an invitation to close the covers of this booklet and stop reading by using your own free will, ***(top line page 6)*** some pages later you were given a second opportunity***(page 11)***. As you will have just read the preceding sentence it is safe to assume that you didn't close the book. I would like to think it was my writing style and wonderful command of the English language, but it was probably an idea that you had involving yourself or someone important to you that you thought may be helped by hypnosis. If it was just raw curiosity then I thank you. Maybe sometime in the future you may mention my name or what you have read to someone else. If you would like to know more about me and what hypnosis and hypnotherapy is the please visit my web site.

www.hypnotherapyfor.co.uk

On page 5 I asked you to turn to the inside back page and follow the instructions. I asked you not to think about the word Zebra. If now reflecting on the contents of this users guide you can remember any one of the following experiences you will be able to experience the benefits of hypnosis..

I can remember trying not to think about a ZEBRA

I was pre occupied with a mental image of a ZEBRA

Until I read this paragraph I had completely forgotten about ZEBRAS

How do I begin?

It is perhaps unique within the practice of hypnotherapy that the majority of people will already have their own pre conceived ideas about what hypnosis and hypnotherapy is. So for those wanting to take advantage of its many benefits, I often need to explain what hypnosis and hypnotherapy is not, rather than what it is, and then what it's known limits are rather than what it can achieve.

So as a starting point let me clearly state for the record what I know for sure hypnosis and hypnotherapy are not.

- Hypnosis is not witchcraft, voodoo or sorcery
- Hypnosis is not magic or illusion
- Hypnosis performed on stage has no relationship with Hypnotherapy
- Hypnotherapy is not miracles
- Hypnotherapy is not mind control

It may be easy to believe that hypnosis is some or even all of the above and indeed more, largely due to the way hypnosis has been misrepresented by the TV and film industry. They will often employ hypnosis as some evil instrument as part of a plot line, or by the media trying validate some theory regarding an event which defies any logical explanation, hypnosis or mass hypnosis is a very easy catch all explanation. Even some individuals not wishing to take responsibility for their own actions will point the finger of suspicion at hypnosis, such as the example cited here.

Kimberley Vlaminck, an 18-year-old female from Belgium, attempted to sue a Romanian tattoo artist for tattooing 56 stars on her face despite the fact that she only asked for 3 little ones. Her claim is that the tattoo artist hypnotized her. This claim of hypnosis however was not made until the girl's father and boyfriend saw the results of the tattooing some three days later and made some unsavoury comments regarding her decision to cover her face with tattoos.

As a hypnotherapist all we have to work with are words.

> *The word Hypnotherapy is derived from the words hypno and therapy. Hypno being the abbreviated form of the word hypnosis the Greek God of sleep, and Therapy which comes from the Greek "therapeia" meaning, a service, or an attendance.*

Words

Even without thinking about it we are constantly aware of words; they can be thought, spoken or sung, shouted and whispered, there are angry, sad, happy and loving words, and whichever words are used to describe these little snippets of communication, the commonality of words in any language is, that they all have the ability to invoke feelings within you, maybe a thought an idea or a memory. So if it was a word or words that caused you a problem within your earlier life, then it must surely be words that can offer you the best opportunity for a solution.

It may be many years after the experience of being called big ears, or spotty in the playground, berated in the class room by a teacher or called lazy by an angry parent which initially created a negative feeling or behaviour, and those feelings which may have lasted only for a moment when we were young will now have become so clouded in our personal history that we can't even remember them. But as we grow and mature, it is possible that those same words may later become the most powerful of personal barriers to your own achievement. It can also be those same words which activate deep feelings of anger and rejection, or of feeling different, not worthy or accepted, uncomfortable or just that feeling of something being not quite right.

So having made your decision to change something about how you feel in certain circumstances, maybe modify a habit or just adjust your own internal dialogue, it will be up to me to find and use the right words, and with those words you can completely change your life and how you live within it.

A natural ability

Effective and successful hypnotherapy depends on your own natural ability to listen, to understand, and interpret words and their meanings, this is an instinctive ability, you already have and use continually from the very moment you learn to speak. Hypnotherapy takes advantage of this natural and instinctive ability, working from within a planned and structured dialogue.

toward reaching that goal. Instead of trying hard by conscious effort and "iron-jaw" will power to change undesirable habits, simply let yourself relax, mentally picture yourself as you want to be and allow the new habit patterns to form automatically. Once the new habit pattern has started, it will automatically strengthen itself with each repetition and each successful performance.

7 Once established, patterns tend to remain until replaced with a new pattern of behaviour.

Starting at birth, and from then on, every individual is continually exposed to a variety of situations requiring some degree of adaptive behaviour. Similar situations occurring repeatedly soon begin to establish certain conditioned responses. Once this happens, each repeated occurrence serves to reinforce the responses, until they become so strongly established that we are unable to exercise much voluntary control over them. If all habits, attitudes and emotions were beneficial there would be no problems. Unfortunately, often they are not.

To change a habit pattern, we begin by forming new conditioned response patterns for the habit situation. We then practice the new responses; they become so strongly associated with the habit situation that a new pattern of behaviour is formed. A person with stage fright, for example, can easily learn to associate feeling of confidence, poise and success with situations requiring his performance in front of an audience. As the new response pattern becomes stronger with each repetition, the old responses are permanently replaced.

8 Habit patterns can be changed without repetition.

Many reflexes are present at birth and others are acquired through repeated experiences. However, reflexes and behaviour patterns can be formed from a single experience. When any strong emotion is present there is an intense focusing of mental activity and undesirable reflex responses may develop accidentally. For example, a child who is barked at, chased or bitten by a dog rapidly learns to fear dogs. Only one such encounter may cause the child to subsequently fear all dogs, even harmless pictures of dogs.

Successful living starts with a picture held in your imagination a picture of what you want to be and of what you want to accomplish. Decide how you want to act, and then picture yourself acting and feeling that way. Dwell upon those ideas keep going over them in your mind and new habit patterns will begin to form. Once the habit patterns are established, the desired result will occur automatically without conscious effort.

5 Habit patterns can be changed by auto suggestion

Words, whether spoken or unspoken, are symbols that convey certain images and thoughts to the mind through previous associations. When we think the word "HOT," for example, an image immediately comes to mind relating to some experience of being hot, of being burned by something hot, or of a hot object. Once a word becomes associated with a specific image (object or action), the word alone then becomes a signal to the mind representative of that image and can act to elicit the same responses that the image itself would evoke. Kimball Young once said, "Words are an expansion and creation of total reality." Through the use of words, in the form of autosuggestions, we are able to create "real" situations corresponding to the goals we seek to achieve. Repetitious use of autosuggestions then act to form new patterns of behaviour.

Because repeated use of words and thoughts can act to form new habit patterns, we must be careful in our everyday life to repeat words and thoughts that result in productive responses and avoid negative words and thoughts that evoke destructive responses. It is also important to realize that when someone else says something it becomes your thought for the moment. Therefore it is equally important to avoid situations in which you are continually exposed to negative words, negative thoughts, and negative goals.

6 Attitudes & habits are best learned & changed without effort

Currently held beliefs, whether good or bad, true or false, were formed without effort, with no sense of strain, and without the exercise of "will power." Habit patterns whether good or bad are formed in the same way.

The late Dr. Knight Dunlap made a lifelong study of habits and learning processes. His findings revealed that effort was the one big deterrent to either breaking a bad habit or forming a new one. In many cases, effort to change an undesirable habit may actually serve to reinforce the habit. His studies proved that the best way to break a bad habit is to form a clear mental image of the desired end result, and to practice without effort

Then feeding back suggestions and ideas to override the pre existing and obstructive thoughts, overrule self limiting beliefs, and create the desire to achieve, while demolishing any old and unhelpful learning.

Someone once said "the pen is mightier than the sword" but words can be as sharp and precise as any surgeon's scalpel, when used with care and understanding.

I would like you now to try not to do something. To find out what, I would like you not to do please turn to the inside back cover now and follow the instructions you will find there.

So what is this thing we call hypnosis?

Hypnosis itself is a naturally occurring state of mind it could also be referred to as an altered state of consciousness or awareness in which access to the subconscious mind is enhanced or accelerated. It is while you are hypnotised or ''in hypnosis'', created either by yourself (self hypnosis) or when directed by a hypnotist, your ability to accept suggestions for psychological, physical, and emotional change becomes heightened. In fact the hypnotic state or trance automatically and naturally occurs anytime you become deeply relaxed or highly focused. Hypnosis for therapy is created by the hypnotherapist for the client using various psychological tools to accelerate this entirely natural process for a specific and pre agreed purpose or benefit such as self healing, empowerment, behaviour modification, resolving emotional disturbance and emotional recovery to identify just a few. So the real truth of hypnosis is often vastly different from its media driven and often fanciful descriptions.

For example:

Hypnosis is not sleep just as it is not unconsciousness. During hypnosis people actually experience a much greater degree of physical and emotional awareness they hear everything and will remember in great detail most if not all of their session.

Hypnosis does not cause you to become weak-minded, in fact the opposite is very much the case as you develop a strong sense of focus on what you want to achieve, such as not thinking about the word **zebra.**

Even while in hypnosis, you remain in control of all your choices, responses, and reactions to suggestion.

At any time you can freely disregard any of the hypnotherapist's suggestions and remain in control of your thoughts and actions throughout the session, just as easily as you could close the covers of this booklet. It is the intention of good therapeutic hypnosis to assist you in mastering your own mind not to become its slave, it will help you to become more inclined to do the things that you want to do, but it will never make you act in such a way that is contrary to your own unique desires, morals, and belief systems.

> *It is worth noting that while most individuals experiencing hypnosis will have a greater awareness of their sensations and surroundings, however some can go so deeply into hypnosis that they don't remember any of the session consciously.*

In fact contrary to public perception, it is only a small percentage of individuals who are able to enter so deeply into hypnosis that they don't remember the contents of their session, and it is very much to your advantage that only a light-to-medium level of hypnosis or trance is necessary to achieve lasting, positive results within a therapeutic session.

Your subconscious mind

On a second by second minute by minute basis your subconscious mind is continuously performing seemingly endless duties on your behalf.

- It automatically regulates your physiology.
- It monitors your nervous system for changes
- It stores all of your memories.
- It is spatially aware off your surroundings.
- It moralises your decisions
- It is the home of your imagination.
- It predicts your future.

Even though your subconscious automatically regulates your physiology, hypnotic suggestions can be given to re direct your body's many systems and as it is your subconscious mind that contains the memories of everything you have ever done, thought about, seen, felt, and experienced, the conscious and subconscious parts of your mind perform very different functions on your behalf. Your conscious mind is dominant and in control when you are fully alert awake and aware of the present moment. However once you start to daydream or become very relaxed or at anytime you are highly focused on any given activity your subconscious mind becomes increasingly dominant and a hypnotic or trance state will develop, allowing for enhanced

3 Law of reversed effect

This law was first formulated around the turn of the century. Emile Coue, the father of autosuggestion referred to it as the "Law of Reversed Effort." Coue stated, "whenever there is a conflict between the will (conscious effort) and the imagination (mental imagery), not only do we not do that which we wish, but we do the exact opposite." When one thinks that I would like to do something but feels that they cannot, then the more they try the more difficult it becomes.

A common example of this rule is seen in people troubled with insomnia. They go to bed with the thought "I suppose I'll not be able to sleep." Then they try and the harder they try the more wide-awake they become. Sometime later, thoroughly fatigued, they stop trying; begin to think of something else and drop off to sleep within a few minutes.

A second example of the Law of Reversed Effect is the forgetting of a name. The more you consciously try to remember the forgotten name the more impossible it becomes. Later, when you have stopped trying and are thinking of something else, the name easily comes to mind. The attitude reflected in the Law of Reversed Effect is: I want very much to do it, but I know that I cannot. What is expected then tends to be realized (first law of the mind) and you obtain the opposite of that which you seek.

4 New habit patterns can be performed with visualized images

When you look at an object, light reflected from the object enters your eyes causing an electrochemical change to occur. This change produces nerve impulses that are transmitted to the visual centre of your brain where they are interpreted as visual images. It is these mental images in the brain that you react to and not the actual object itself. For this reason, visualizing some object or action in your imagination can have the same effect as the real event.

Realizing that our nervous system cannot tell the difference between an actual experience and one that is vividly imagined opens a new door to self-improvement. It offers the opportunity to practice, without effort, new skills, traits and attitudes until new habit patterns are formed. Habit patterns can be modified and even reversed simply by practicing or "acting out" the new response or behaviour in your imagination. However, this rule can work for or against you. An imagination preoccupied with negative images will only serve to hinder your improvement.

1 What is imagined or expected tends to be realized

Cause and Effect: The subconscious mind is a "goal-striving mechanism." This term means that when the mind perceives a goal it automatically works to achieve that goal. The individual, who strongly believes in success, subconsciously strives to bring about favourable circumstances leading to success. When advantageous conditions arise, they are able to recognize the opportunity and take the steps necessary to complete the success plan. We all know people who seem to have a ‘’Midas touch." Life just seems to provide for no apparent reason and we call them "lucky." What appears to be luck is actually nothing more than POSITIVE MENTAL EXPECTANCY a strong belief and mental image of success.

The opposing view being, the person who believes they are a "failure" will always find some way to fail, in spite of all good intentions. The student who believes he is poor in mathematics must make poor results to justify their own convictions. This original negative belief is now fully reaffirmed by the evidence of provided by their own poor results and a vicious belief cycle is set in motion.

2 Every thought or idea will produce a physical response.

An abundance of experimental data on thought processes has revealed that thinking is always accomplished by some physical response. Many scientists believe that muscular movements are an integral part of the thought process. For example, whenever we think of a word, our vocal muscles react and become part of the thought. To convince yourself of this phenomenon, try the following exercise: Holding your mouth wide open, try to think the word "bubble." Upon first trying this you may find it very difficult to think the word or the thought may at first seem slurred, as though you were attempting to pronounce the word aloud with your mouth held open. Thoughts and ideas with strong emotional content produce physical responses in the body characteristic of the emotion. Anger and fear thoughts stimulate the adrenal glands that in turn affect the activity of most body functions. Recent studies have shown that the body's natural resistance to disease can even be affected by one's thoughts and emotions.

In order to adapt successfully to the stresses of life and eliminate or change chronic negative physical reactions, we must first learn to change our THINKING HABITS. We must learn to accept situations positively. We must learn to change fixed negative ideas into strong positive attitudes. This can be done with autosuggestion and self-hypnosis.

mental creativity together with improved physiological functioning, and you achieve all this without even thinking about it. As was mentioned earlier within the framework of clinical hypnosis we employ various psychological tools to accelerate this process of attention, focus and relaxation.

While you are becoming more relaxed or focused you may move through deeper levels of hypnosis. This to a casual observer can easily be mistaken for being asleep. While in hypnosis, there are also many observable outward signs, such as shifts in breathing patterns which clearly distinguish hypnosis from sleep.

Even though the hypnotic state can be measured scientifically with the help of an electroencephalograph (E.E.G.), a professional hypnotist will rely on his own assessment of your hypnosis to determine and manage the degree of hypnosis you have successfully achieved. The wonderful thing is that all the levels of hypnosis are relaxing, therapeutic, and effective, as such almost everyone can benefit greatly from hypnosis even on its most basic levels.

Hypnotic Regression

Hypnosis can be successfully utilised to access your older and seemingly hidden memories, to help find the origins of such things as phobias, bad habits, or in some cases medical conditions. It can also uncover why a problematic behaviour or condition originated and in many cases will also often provide vital directions towards a path for recovery.

Physiological effect

Through hypnosis, the power of your imagination and recall can be put to work to help you heal physical hurt, similarly just as you imagine yourself being healthy; your subconscious begins to drive your physiology into action making desirable shifts in the functions of your body. This is often referred to as “the mind- body connection" which can be positively directed for often miraculous change. It is important to understand for reasons of balance that while imagining yourself to be healthy can work to create and foster your optimum health, it can also have the opposite effect. As anyone who spends a lot of time worrying about being sick, or ill can similarly run the risk of weakening their physiology by quite literally ‘' worrying themselves sick’’.

Anyone who excessively worries about failure may diminish their likelihood of success, for as will be later explained, as your mind perceives and believes, so your body works to create."

Your critical faculty

In order for your conscious mind to function effectively it contains a component called the critical faculty. You were born with this critical faculty, but it only really starts to function from about 6 years of age. It is your critical faculty's function to enable your conscious mind to have reason, to judge, and to help you make decisions. Unfortunately, your critical faculty can also become overly negative. So if you can now remember having had a great idea such as starting a business or writing a book, or having made that life affirming decision to do something like climb Everest, or cycle to work every day, which you then quickly abandoned following a period of reflection, it is likely that your critical faculty caused you to second-guess its worth in a detrimental way.

It is this critical faculty which also helps to ensure your safety, but just as often, its negativity can stop you from taking positive action in your life. When you are in hypnosis however, you temporarily suspend the critical faculty, thereby allowing whatever pre agreed ideas or helpful suggestion or affirmations to be ideally received by your subconscious mind. It is that one simple piece of our mental and emotional makeup that will hold us back or drive us forward, it is that one piece of our emotional and mental makeup which hypnosis can influence and help you to achieve your own unique life goals.

The hypnotic state

Whenever you become deeply relaxed or highly focused, the previously mentioned critical faculty of your conscious mind is bypassed, enabling new ideas and suggestions to be actively received by your subconscious. The more relaxed and focused you become during your hypnosis session, the more influential the suggestions are. Your hypnotherapist will guide you into hypnosis, regulate how deeply hypnotised you become, and provides you with a clearly identified set of suggestions that are specifically designed to help you to achieve your goals.

There are many variable factors that will favourably affect the success of any hypnosis session, but the best results are most likely to be achieved through hypnosis when you understand how and why hypnosis works;

You however are the most important factor in your success with hypnosis; it will be your own true desire to make those changes which when coupled with hypnosis and structured suggestions for that desired outcome which makes hypnosis so very effective. But for hypnotherapy to be successful, the idea to change must be yours. If you are considering hypnotherapy to please a friend, spouse, family member, or anyone other than yourself, it is better just to wait until you believe that want those things for yourself.

I have been able to use hypnosis for pain relief on a young girl who lost her left foot in a car crash the effects were, immediate pain relief, reduction in heart and pulse rate, reduced blood loss, and most importantly accelerated healing post surgery and no emotional trauma following the incident. Read the full story on my web site

Laws of the mind

When we understand ourselves we become much better equipped to help ourselves.

When we start to talk about why we do things, and why we find it difficult to not do things, that we know we shouldn't and why we don't do things we know we should. We fall foul of the most frustrating talent we have, our ability for free thinking.

Or maybe not as free as we first thought, there are a number of universal laws that dictate the way we think and they are fixed. In order to create hypnosis or trance, we take advantage of these universal laws and it these seemingly quite simple laws that will also dictate the outcome. These universal laws also explain how the subconscious mind works and how we can predict and control our behaviour. These laws have been proven universally, within all of the psychological therapies, they are reliable and permanent. Within the subconscious mind everything happens for a reason which can be validated by at least one or more of these laws. It is by following the laws of the mind our subconscious behaviour, habits and reactions can be understood, improved or overcome.

The true feelings of hypnosis

Hypnosis produces varying sensations in your body and unique levels of empowerment and relaxation. Each time you enter into hypnosis, it will affect you differently and you are likely to experience different signs. The most common sensations you are likely to experience include:

- An increased awareness of your breathing and profound relaxation
- A sensation of warmth
- A feeling of heaviness, floating or lethargy
- Physical numbing of the senses
- A far away feeling as your mind wanders
- An increased sense of smell and awareness of sound colour or light
- A feeling of well-being and disassociation

During hypnosis you may also experience a need to swallow especially if you are sitting upright because your mouth produces more saliva when your jaw is relaxed. You may also notice your eyelids fluttering, or your eyes rolling under your closed eyelids. Many notice that their head sometimes rocks from side to side or moves slightly forward, and that their shoulders relax or slump. All these common signs let you know that at some level the hypnosis is working for you.

As you drift deeper into hypnosis you will notice that your mind wanders. Time distortion frequently occurs and many people report that time seems to pass quickly during a live or recorded hypnosis session. You may not experience all the sensations mentioned, but it is likely that you will experience a few or several of them each time you enter into hypnosis. In fact the more you practice hypnosis, the more natural it becomes and the more of its benefits you will be able to enjoy. "Hypnosis is to the mind what physical exercise is to the body, empowering, energizing, strengthening, and relaxing."

The uses of hypnosis

Hypnosis can be used to create positive change in virtually any situation. Today the most common uses of hypnosis include stress reduction and management, weight loss, and smoking cessation, but it is also frequently used to improve memory and study skills, to overcome traumas and phobias, to improve physical health, fertility enhancement and childbirth to improve athletic performance, creative thinking as well as the metaphysical such as past life regression

While you are in hypnosis you are likely to hear and remember much of the session. You may also be very aware of your physical body and breathing, as well as other sensory stimulus such as fragrances, music, touch or taste, in fact hypnosis enhances your awareness of your entire personal environment.

> *Those who through training such as devotees of certain faiths or by nature are able to go to incredibly deep levels of trance are referred to as somnambulists, they are able to enter almost instantly into a deep state of hypnosis and remember little, if any, of the session. Somnambulists comprise only about 15% of the general public. The word somnambulist is actually a misnomer because it means sleepwalker. As explained previously no matter how deeply you enter hypnosis, you will not be asleep.*

Most people experience hypnosis as a pleasantly euphoric, heightened state of awareness. Your experience of hypnosis will be unique to you and will vary, somewhat, from session to session. So its best just to let your experience of hypnosis naturally unfold. Enjoy the process of your body having the time for itself to relax and the pleasant and powerful feelings that arise when you free your mind of any and all expectations. There is no perfect way for you to achieve hypnosis or trance as any level of hypnosis you achieve will be perfect for you on that day as during hypnosis, your mind and body will instinctively deliver you to the ideal state of relaxation, so for the best results, just relax and let hypnosis happen.

The primary functions of the subconscious mind

Your subconscious mind as explained performs three key functions:

- Your subconscious stores memories of everything you have ever experienced, smelled, heard or tasted forever or until there is a physical degradation such as dementia or Alzheimer's.
- Your subconscious controls your physiology.
- Since your subconscious mind is the archive of your memory it is also the source of your imagination, as it feeds your imagination in order to create shape and mould your future.

Your imagination is an incredibly powerful tool that can be used to set your physiology on a positive and powerful track. As you begin to imagine yourself happy, healthy, and successful during hypnosis, your body and mind actually begins to work to enable whatever you imagine. By accessing the memories stored in your subconscious mind,

hypnosis can help you to remember those times when you were your healthiest, happiest, and most successful and use them as a template for the future. Hypnosis can also help you to recall the origin of an illness or phobia, which can provide helpful insight into how to heal.

Your subconscious mind automatically controls all the physiological functions of your body: It keeps you breathing, regulates your heart beat and respiration, and reminds you of when you need to eat, sleep, and use the toilet. When you are in hypnosis your subconscious can powerfully receive and use those pre agreed suggestions designed to redirect your physiology to enhance your health and the optimum functioning of your body's systems.

The evolution of hypnosis

Modern scientific tests and studies successfully and repeatedly show that hypnosis is a provable and effective therapeutic tool, A process that not only works, but now we can show also how and why it works. Measurements of such things as brain wave activity and patterns, using electroencephalographs (E.E.G's.) prove the existence of the trance state of hypnosis and can demonstrate how deeply an individual enters into hypnosis. Positron Emission Tomography (P.E.T.) scans prove how the physical body reacts to hypnotic suggestions as if they were real events. But despite the overwhelming weight of scientific proof and empirical evidence many people still choose to believe that they cannot become hypnotised. Whereas the reality is we all without exception inadvertently and regularly enter into some form of hypnosis, or trance many times a day. Whenever you are highly focused or deeply relaxed, your respiration and heart rate shift and you enter into a light state of hypnosis.

The accidental trance

To some, this word trance can be quite scary, sensational television programs, theatre, films and the fiction writers have prompted an unfortunate and often false or misleading impression of hypnotic trance. Whereas In reality, we all move in and out of trance on a minute by minute basis without even trying to go into hypnosis. These words, hypnosis and trance are frequently used interchangeably. Once you achieve and master hypnosis, the word trance will only have good connotations in your mind.

Consider this If you have ever forgotten a segment of a journey while driving, and then you will have moved into a trance. Other experiences that can also facilitate times you

may have inadvertently entered into hypnosis include: when you seemingly become lost in the story line of a well written book, a film, or television programme. Whenever you're absorbed in some creative activities they will all invoke some level of trance. So it stands to reason that anyone who wants to be hypnotised can be, because it already happens many times a day.

Does hypnosis render you out of control

There are many misconceptions and fears about hypnosis and being hypnotised. The most commonly held fears of hypnosis include:

- Fear of surrendering your will;
- Fear of divulging secrets;
- Fear of not coming out of hypnosis;
- Fear of failing
- Fear of acting foolishly.

If you have ever seen a stage hypnosis show, you have probably seen people who appear to be completely out of control and following a seemingly endless set of ever more ridiculous instructions. The truth is that each and every one of those individuals will have all chosen to be in the show and are freely accepting the ideas and suggestions given because they want to be entertaining. The mask of stage hypnosis effectively absolves them of any responsibility for their actions all the participants are self selecting performers. There are lots of psychological reasons why stage hypnosis happens crowd dynamics, peer pressure, or just wanting to show off are just a few of the reasons performers respond to suggestions on stage. However because they are interested focused and attentive they continue to perform. Just as when you were invited to close this booklet on page 6 it is because you were interested in what it said that you continued to read on it was entirely your choice. So there is no need to be concerned about accepting strange suggestions during hypnosis, as you can freely choose not accept any suggestions that are not in line with your own belief systems or that violate your own individual morals. You will never made to feel or act out of control.